ACCUSPLIT® EAGLE™ 1120M2

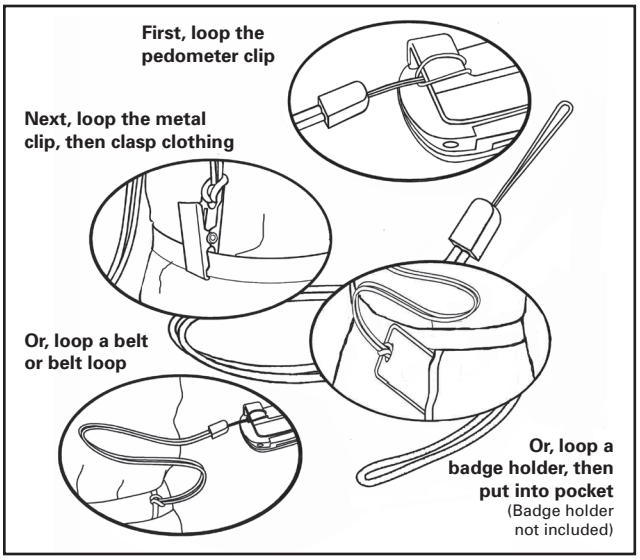
MEMORY PEDOMETER
OPERATING INSTRUCTIONS

Congratulations on taking the first step to wellness with your purchase of an ACCUSPLIT pedometer. It's easy to set up your new pedometer. Just follow the steps below, and start walking!

WEARING YOUR PEDOMETER

While gently holding the belt clip open, slide the pedometer onto your belt or the top edge of your pants or skirt. It should fit snugly and level, above one knee.
Note: The pedometer should be as vertical as possible. Walkers with larger stomachs may find it helpful to wear the pedometer farther back on the body, toward one hip.
To avoid losing or dropping your pedometer, use the included leash and clip to fasten the pedometer securely to your clothing.

Attaching the Leash: Attach the pedometer to the leash by looping the leash around the pedometer belt clip. Next, clasp the waistband of your clothing with the attached clip. You can also use a safety pin to fasten the leash to your clothing, loop the leash through your belt or belt loop, or use a badge holder.

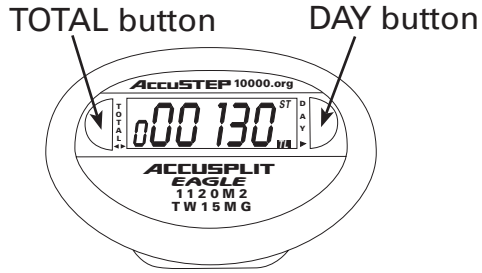

First, loop the pedometer clip
Next, loop the metal clip, then clasp clothing
Or, loop a belt or belt loop
Or, loop a badge holder, then put into pocket
(Badge holder not included)

VIEWING YOUR RESULTS

Once you put on your pedometer, it will automatically begin to record your steps. Press the DAY button to view today's step count. Press the TOTAL button to view total steps taken.

MODES

- "D"– "Day's Steps"
  Counts steps taken since last RESET.
- "T"–"Total Steps"
  Keeps track of all steps taken, even after Day's Steps are reset.



RESETTING YOUR PEDOMETER

Most people prefer to reset step counts daily.
To reset: While displaying Day's Steps, press and hold DAY button for at least three seconds to reset to zero. When displaying Total Steps, press TOTAL button for three seconds to reset Total and Day's Steps to zero.

AUTO MOVEMENT SENSOR

1. To filter out random movements, the unit remains in standby mode until 5 continuous steps are registered. Only then are the 5 steps calculated in, and an Active indicator "▲" appears on the upper left of display.
2. When regular walk/run movement stops, after 2 seconds the timer pauses and the unit switches to standby status (Active indicator "▲" disappears).

REPLACING THE BATTERY

When the display starts to dim or goes blank, it is time to replace the battery. Your pedometer uses one Type L1142 (LR43) 1.5 volt silver oxide battery. To replace:

1. Using a jeweler's screwdriver, loosen small screw on back of unit. Remove back of case.
2. Slide the old battery gently out of its holder. Replace it with a new battery. The battery's positive (+) terminal should be FACE UP while you put it into the pedometer.
3. Gently press front and back of pedometer case back together, being sure to line up slots and tabs at top and bottom of unit.

Eat Right! Walk More! Live Well!
The ACCUSPLIT Lifestyle

REGISTER NOW Please return your AE1120M2 Registration to the Repair Center address in the warranty, and we will let you know about future products.

Email (preferred) _____
User _____
_____
_____

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